

## BEST LIFE DIET STAPLES SHOPPING LIST

Keep these staples stocked and you'll be able to whip up quick breakfasts, lunches, dinners or snacks that are right in line with The Best Life Diet. (Brands mentioned in this list offer products that are Best Life Approved. Feel free to add your own favorite healthy foods to this basic list).

### PRODUCE

- Salad Greens.** Romaine, arugula, watercress, etc.
- Cooking Greens.** Spinach, kale, chard, etc.
- Other Vegetables.** Mushrooms, broccoli, tomatoes, etc.
- Garlic.**
- Onions.**
- Fruit.** Grapes, oranges, bananas, etc.

### DRY GOODS

- Cereal.** At least 3 g fiber per 100 calories and Oatmeal (regular or steel cut)
- Nuts.** Almonds, pecans, cashews, peanuts, walnuts... they're all good for you!
- Pasta.** At least 4 g fiber per 2-oz serving, including Barilla Whole Grain and Barilla Plus
- Other Grains.** Brown rice, whole-wheat couscous, barley
- Cookies/Biscotti.\*** No more than 2 g saturated fat (3 g for chocolate or chocolate chip) and 100 mg sodium per 150 calories, such as many of the varieties of Nonni's biscotti
- Crackers/Crispbread.** At least 3 g fiber per ounce (29 g or about 115 to 130 calories), such as most WASA crispbreads
- Chocolate.\*** Dark chocolate with 50 percent cocoa or more, such as Hershey's Extra Dark
- Cocoa\*** Unsweetened cocoa powder, such as Hershey's Natural or Hershey's Special Dark
- Tea.** Black, green, oolong, white or herbal tea, such as those produced by Lipton

### DRESSING/SAUCES/OILS

- Salad Dressing.** No more than 250 mg sodium per 2 tablespoons regular dressing (fat-free can be up to 350 mg sodium), such as Wish-bone Spritzers
- Oils.** Olive oil, canola oil; toasted sesame oil (for seasoning)
- Vinegar.** Balsamic, red wine, white wine, flavored... your choice!
- Light Mayonnaise.** No more than 50 calories and 5 g fat per tablespoon, such as these three Hellmann's varieties: Light; Canola Cholesterol Free; Olive Oil
- Pasta Sauce.** No more than 500 mg sodium and 2 g saturated fat per ½ cup, such as many of the Barilla sauces

### NUT BUTTERS/BEANS/CANNED VEGETABLES/SOUPS

- Nut Butters.** Peanut butter, such as Smart Balance; almond butter; cashew butter
- Beans.** Canned or dried (any type, such as garbanzo, pinto, black bean, etc.)
- Canned Tomatoes.** No more than 350 mg sodium per ½ cup
- Soup.** Bean or broth-based soups best; avoid cream-based soups. Ideally, soups should have no more than 600 mg sodium per cup.



### BREAD/WRAPPS

- Whole-Grain Wraps.** At least 3 g fiber per 100 calories, such as Flatout Flatbread “Lights,” “Healthy Grains” and select “Minis” and “Kidz”
- Bread.** At least 2 g fiber per slice and 100-percent whole grain



### DAIRY/EGGS

- Cheese.** Reduced-fat cheddar, Swiss or other variety with no more than 5 g fat and 75 calories per ounce
- Milk.** Skim (nonfat) or 1-percent milk
- Soymilk.** No more than 100 calories per cup and at least 25 percent of the daily value (DV) for calcium and vitamin D, such as most SILK Soymilk flavors
- Spreads.** Margarine made without partially hydrogenated oil, such as Smart Balance 67% Buttery Spread
- Eggs.** Regular eggs, omega-3 enriched eggs or liquid eggs such as Better ‘N Eggs or All Whites
- Yogurt.** Plain low-fat or fat-free yogurt



### MEAT/POULTRY/FISH

- Meat.** Leaner cuts such as sirloin, tenderloin or flank steak. Ground beef: Should be 90-percent lean or higher.
- Fish.** Most fish, including trout, salmon, bluefish and Atlantic mackerel, which are high in omega-3 fatty acids and relatively low in mercury. Pregnant women should avoid king mackerel (different from regular mackerel), shark, swordfish and tilefish due to the high mercury content.
- Poultry.** Chicken or turkey (remove skin before eating)



### FROZEN

- Frozen Meals.** No more than 700 mg sodium per meal and no partially hydrogenated fat, such as many of the Lean Cuisine products. (Most contain 200 to 350 calories, not enough to qualify as a full meal, so round it out with a salad, fruit and/or a cup of milk or soymilk.)
- Frozen Vegetables.** No more than 350 mg sodium per serving.
- Frozen Vegetables Burgers.** Soy-based are best because they offer more protein.
- Ice Cream/Frozen Dessert.\*** No more than 3 g saturated fat per 150-calorie serving, such as most Skinny Cow products and all the Edy’s and Dreyer’s fruit bars.
- Frozen Waffles.** No more than 180 calories and at least 4 g fiber per two waffles



### BEVERAGES

- Bottled flat water such as Nestle Pure Life, and unsweetened iced tea



### MEAL REPLACEMENTS/SUPPLEMENTS

- Meal replacements such as Slim-Fast shakes, and select Slim-Fast bars
- Fiber supplements such as Benefiber powder, tablets and caplets

\* To help keep sweets and other treats in moderation, choose products that contain no more than 150 calories per serving and are either individually portioned (such as a Skinny Cow Ice Cream sandwich), or clearly specify portions.